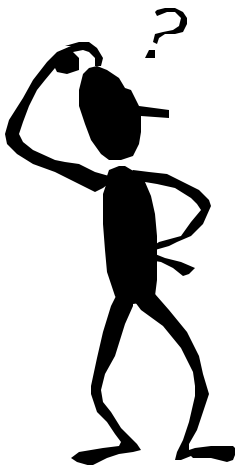


# **California Student Tobacco Survey**

## **2003-2004**

- This is a survey about health-related behaviors and attitudes. It includes questions about tobacco. Whether or not you have ever done any of these things, please answer all the questions. **You will be able to answer that you have not done the things we ask about.**
- You do not have to answer all of the questions in this survey, but we hope that you will.
- Please do not write your name on this form or on the answer sheet. Only *you* will know how you answered these questions.
- Please mark all of your answers on the answer sheet. Do not write on the survey questionnaire. Mark only one answer unless told to “Mark all that apply.” Please fill in the bubbles neatly with a #2 pencil.
- This survey asks about things you may have done during different periods of time, such as during your **lifetime**, the **past year**, or the **past 30 days**. Each is asked for a specific reason and provides needed information. Please pay careful attention to these time periods.



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**WestEd**

4665 Lampson Avenue • Los Alamitos, CA 90720 • (562) 598-7661

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# California Student Tobacco Survey

The first questions ask for some background information about you.

**1. How old are you?**

- a. 12 years old or younger
- b. 13 years old
- c. 14 years old
- d. 15 years old
- e. 16 years old
- f. 17 years old
- g. 18 years old
- h. 19 years old or older

**2. What is your sex?**

- a. Female
- b. Male

**3. What grade are you in?**

- a. 6th
- b. 7th
- c. 8th
- d. 9th
- e. 10th
- f. 11th
- g. 12th
- h. Ungraded or other grade

**4. How do you describe yourself? (Mark all that apply)**

- a. American Indian or Alaskan Native
- b. Asian
- c. Black or African American
- d. Hispanic or Latino (example: Mexican, South American, Central American)
- e. Native Hawaiian or Other Pacific Islander (example: Samoan)
- f. White

**5. Which one of these groups BEST describes you? (MARK ONLY ONE ANSWER)**

- a. American Indian or Alaska Native
- b. Asian
- c. Black or African American
- d. Hispanic or Latino (example: Mexican, South American, Central American)
- e. Native Hawaiian or Other Pacific Islander (example: Samoan)
- f. White

The next group of questions asks about tobacco use.

**Cigarette Smoking**

**6. Have you ever tried smoking cigarettes, even one or two puffs?**

- a. Yes
- b. No

**7. How old were you when you smoked a whole cigarette for the first time?**

- a. I have never smoked a whole cigarette
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

**8. About how many cigarettes have you smoked in your entire life?**

- a. None
- b. 1 or more puffs but never a whole cigarette
- c. 1 cigarette
- d. 2 to 5 cigarettes
- e. 6 to 15 cigarettes (about 1/2 pack total)
- f. 16 to 25 cigarettes (about 1 pack total)
- g. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
- h. 100 or more cigarettes (5 or more packs)

- 9. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?**
- a. Yes
  - b. No
- 10. During the past 30 days, on how many days did you smoke cigarettes?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 to 5 days
  - d. 6 to 9 days
  - e. 10 to 19 days
  - f. 20 to 29 days
  - g. All 30 days
- 11. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?**
- a. I did not smoke cigarettes during the past 30 days
  - b. Less than 1 cigarette per day
  - c. 1 cigarette per day
  - d. 2 to 5 cigarettes per day
  - e. 6 to 10 cigarettes per day
  - f. 11 to 20 cigarettes per day
  - g. More than 20 cigarettes per day
- 12. During the past 30 days, what brand of cigarettes did you usually smoke? (MARK ONLY ONE ANSWER)**
- a. I did not smoke cigarettes during the past 30 days
  - b. I do not have a usual brand
  - c. Camel
  - d. Marlboro
  - e. Newport
  - f. Virginia Slims
  - g. GPC, Basic, or Doral
  - h. Some other brand
- 13. Are the cigarettes you usually smoke menthol-flavored cigarettes?**
- a. I do not smoke cigarettes
  - b. Yes
  - c. No

*Your answers are very important to us.*

*Keep it up!*

**14. During the past 30 days, how did you usually get your own cigarettes? (MARK ONLY ONE ANSWER)**

- a. I did not smoke cigarettes during the past 30 days
- b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- c. I bought them from a vending machine
- d. I gave someone else money to buy them for me
- e. I borrowed (or bummed) them from someone else
- f. A person 18 years old or older gave them to me
- g. I took them from a store or family member
- h. I got them some other way

**15. During the past 30 days, where did you buy the last pack of cigarettes you bought? (MARK ONLY ONE ANSWER)**

- a. I did not buy a pack of cigarettes during the past 30 days
- b. A gas station
- c. A convenience store
- d. A grocery store
- e. A drugstore
- f. A vending machine
- g. I bought them over the Internet
- h. Other

**16. When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?**

- a. I did not try to buy cigarettes in a store during the past 30 days
- b. Yes, I was asked to show proof of age
- c. No, I was not asked to show proof of age

**17. During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?**

- a. I did not try to buy cigarettes in a store during the past 30 days
- b. Yes, someone refused to sell me cigarettes because of my age
- c. No, no one refused to sell me cigarettes because of my age

**18. During the past 30 days, on how many days did you smoke cigarettes on school property?**

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 or more days

**19. When was the last time you smoked a cigarette, even one or two puffs?**

- a. I have never smoked cigarettes, even one or two puffs
- b. I smoked a cigarette earlier today
- c. Not today but sometime during the past 7 days
- d. Not during the past 7 days but sometime during the past 30 days
- e. Not during the past 30 days but sometime during the past 6 months
- f. Not during the past 6 months but sometime during the past year
- g. 1 to 4 years ago
- h. 5 or more years ago

**20. During the past 12 months, did you ever try to quit smoking cigarettes?**

- a. I did not smoke during the past 12 months
- b. Yes
- c. No

**21. Do you want to stop smoking cigarettes?**

- a. I do not smoke now
- b. Yes
- c. No

**22. How many times, if any, have you tried to quit smoking cigarettes?**

- a. I have never smoked
- b. None
- c. 1 time
- d. 2 times
- e. 3 to 5 times
- f. 6 to 9 times
- g. 10 or more times

**23. When you last tried to quit, how long did you stay off cigarettes?**

- a. I have never smoked cigarettes
- b. I have never tried to quit
- c. Less than a day
- d. 1 to 7 days
- e. More than 7 days but less than 30 days
- f. More than 30 days but less than 6 months
- g. More than 6 months but less than a year
- h. More than a year

**24. Do you think it would be easy or hard for you to get cigarettes if you wanted some?**

- a. Very easy
- b. Sort of easy
- c. Sort of hard
- d. Very hard

**Smokeless Tobacco: Chewing Tobacco, Snuff, or Dip**

**25. Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?**

- a. Yes
- b. No

**26. How old were you when you used chewing tobacco, snuff, or dip for the first time?**

- a. I have never used chewing tobacco, snuff, or dip
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

**27. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?**

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

**28. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip *on school property*?**

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 or more days

### **Cigars**

**29. Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?**

- a. Yes
- b. No

**30. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?**

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days



## **Bidis and Kreteks**

**31. Have you ever tried smoking any of the following?**

- a. Bidis (beedies)
- b. Kreteks (clove flavored)
- c. I have tried both bidis and kreteks
- d. I have never smoked bidis or kreteks

The next questions ask about your thoughts about tobacco.

**32. Do you think you will smoke a cigarette at any time during the next year?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**33. If one of your best friends offered you a cigarette, would you smoke it?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**34. Has either of your parents (or guardians) discussed the dangers of tobacco use with you?**

- a. Mother (female guardian) only
- b. Father (male guardian) only
- c. Both
- d. Neither

**35. Do you think young people who smoke cigarettes have more friends?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

- 36. Do you think smoking cigarettes makes young people look cool or fit in?**
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not
- 37. Do you think young people risk harming themselves if they smoke from 1 to 5 cigarettes per day?**
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not
- 38. Do you think it is safe to smoke for only a year or two, as long as you quit after that?**
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not
- 39. Do you think you would be able to quit smoking cigarettes now if you wanted to?**
- a. I do not smoke now
  - b. Yes
  - c. No
- 40. Have you ever participated in a program to help you quit using tobacco?**
- a. I have never used tobacco
  - b. Yes, at school
  - c. Yes, but not at school
  - d. No
- 41. Have you ever called the 1 800 NO BUTTS California tobacco hotline to help you quit using tobacco?**
- a. I have never used tobacco
  - b. Yes
  - c. No

- 42. During this school year, did you practice ways to say NO to tobacco in any of your classes (for example, by role-playing)?**
- a. Yes
  - b. No
  - c. Not sure

The next questions ask about community events that you may have heard about or that you may have seen on TV, at the movies, or on the Internet.

- 43. During the past 12 months, were you ever at any community activities that discouraged people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?**
- a. Yes
  - b. No
- 44. During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?**
- a. Not in the past 30 days
  - b. 1-3 times in the past 30 days
  - c. 1-3 times per week
  - d. Daily or almost daily
  - e. More than once a day
- 45. When you watch TV or go to movies, how often do you see actors using tobacco?**
- a. I don't watch TV or go to movies
  - b. Most of the time
  - c. Some of the time
  - d. Hardly ever
  - e. Never

Some tobacco companies make items like sports gear, t-shirts, lighters, hats, jackets, and sunglasses that people can buy or receive free.

- 46. During the past 12 months, did you buy or receive anything that has a tobacco company name or picture (logo) on it?**
- a. Yes
  - b. No
- 47. Would you ever use or wear something that has a tobacco company name or picture (logo) on it such as a lighter, T-shirt, hat, or sunglasses?**
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not

The next questions ask about how often you're around tobacco smoke.

- 48. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 or 4 days
  - d. 5 or 6 days
  - e. 7 days
- 49. During the past 7 days, on how many days were you in the same room AT HOME with someone who was smoking cigarettes?**
- a. 0 days
  - b. 1 or 2 days
  - c. 3 or 4 days
  - d. 5 or 6 days
  - e. 7 days

**50. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?**

- a. 0 days
- b. 1 or 2 days
- c. 3 or 4 days
- d. 5 or 6 days
- e. 7 days

**51. Do you think the smoke from other people's cigarettes is harmful to you?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

*Keep it up...you are about halfway there!*

**52. Does anyone who lives with you NOW smoke cigarettes?**

- a. Yes
- b. No

**53. How many of your four closest friends smoke cigarettes?**

- a. None
- b. One
- c. Two
- d. Three
- e. All Four
- f. Not sure

**54. About what percent of students in your grade have smoked cigarettes at least once a month?**

- a. 0 (none of them)
- b. 1 to 20% (a few of them)
- c. 21 to 40% (some of them)
- d. 41 to 60% (about half of them)
- e. 61 to 80% (most of them)
- f. 81 to 100% (all or almost all of them)

The next few questions ask about what you may have learned about tobacco use in school.

- 55. During the last year (twelve months), did you have any school lessons about tobacco?**
- a. Yes
  - b. No
- 56. During the last year (12 months), did your teacher or a guest speaker (for example, a nurse or someone from your community) talk to your class about NOT using tobacco?**
- a. Yes
  - b. No
- 57. During the last year (12 months), did you go to a school assembly or event about the harmful effects of tobacco use?**
- a. Yes
  - b. No
- 58. During the last year (12 months), did any of your teachers talk about the reasons why people your age smoke or do NOT smoke?**
- a. Yes
  - c. No
- 59. During the last year (12 months), did any of your teachers talk about how many people your age do NOT smoke?**
- a. Yes
  - b. No
- 60. During the last year (12 months), did any of your teachers talk about the effects of cigarette smoking on your body?**
- a. Yes
  - b. No

- 61. During the last year (12 months), did any of your teachers talk about the effects of second-hand smoke?**
- a. Yes
  - b. No
- 62. During the last year (12 months) was the information you received in school helpful in making decisions about not using tobacco?**
- a. Yes, I decided to not start using tobacco
  - b. Yes, I am thinking about quitting using tobacco
  - c. No, it did not help me make decisions about using tobacco
  - d. During the last year, I have not received any information in school about tobacco
- 63. Has what you learned in school during the last year (12 months) helped you feel it is okay to say "no" to friends who offer you cigarettes?**
- a. Yes
  - b. No
  - c. During the last year, I have not learned anything in school about smoking
- 64. How hard would it be for you to refuse or say "no" to a friend who offered you a cigarette to smoke?**
- a. Very hard
  - b. Hard
  - c. Easy
  - d. Very easy
- 65. At your school, can students your age be trained to help students who want to quit using tobacco?**
- a. Yes
  - b. No
- 66. Does your school have any special groups or classes for students who want to quit using tobacco?**
- a. Yes
  - b. No
  - d. I don't know



The next few questions concern tobacco advertising.

67. When you listen to the radio, how often do you hear advertisements about **NOT** smoking or **NOT** chewing tobacco?
- a. A lot
  - b. Sometimes
  - c. Hardly ever
  - d. Never
  - e. I don't listen to the radio
68. When you see billboards (outdoor signs), how often do you see advertisements about **NOT** smoking or about **NOT** chewing tobacco?
- a. A lot
  - b. Sometimes
  - c. Hardly ever
  - d. Never
  - e. I never see billboards
69. When you watch TV, how often do you see stories or advertisements about the dangers of smoking tobacco or chewing tobacco?
- a. A lot
  - b. Sometimes
  - c. Hardly ever
  - d. Never
  - e. I don't watch TV



- 70. When you go to sports events, fairs or community events, how often do you see advertisements for cigarettes or chewing tobacco?**
- a. A lot
  - b. Sometimes
  - c. Hardly ever
  - d. Never
  - e. I don't go to sports events, fairs or community events
- 71. During the last 30 days, do you remember seeing on TV any of the following messages ABOUT NOT SMOKING? (Mark all that apply)**
- a. Showed smoke swirling on screen and voices talking about smoking situations
  - b. Showed tobacco executives from a tobacco company talking about light cigarettes
  - c. Showed tobacco executives talking about becoming a friend of ethnic communities by paying for and supporting community events and organizations
  - d. Showed the inside of a body and the damage done by breathing in smoke from someone else's cigarette
  - e. Ending with the word "truth"
  - f. Ending with the phrase "do you smell smoke"
  - g. I have not seen any of the above messages on TV
- 72. Do you think that tobacco companies try to get people addicted to cigarettes?**
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not
- 73. If tobacco companies knew for sure that smoking hurts people, do you think they would stop selling cigarettes?**
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not
- 74. Tobacco companies try to get young people to start smoking by using advertisements that are attractive to young people.**
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not

The next questions ask about community efforts discouraging smoking.

**75. In your community, do police work with youth to try catching storeowners who sell cigarettes to persons under 18 years old?**

- a. Yes
- b. No

**76. In your community, do youth (persons under 18) get a ticket from the police if they are caught with cigarettes?**

- a. Yes
- b. No

**77. Have you heard about activities against smoking in your community that try to do any of the following? (Mark all that apply)**

- a. Reduce tobacco company support for car races, rodeos, etc.
- b. Support a youth tobacco control group
- c. Reduce exposure to secondhand tobacco smoke
- d. Keep youth from getting tobacco products
- e. Reduce the amount of tobacco advertising
- f. Services or programs to help people quit smoking
- g. None of the above

**78. Is there a rule at your school (for students and/or adults) that no one is allowed to use tobacco in the school building or on the schoolyard?**

- a. Yes
- b. No

**79. How many students who use tobacco break that rule?**

- a. My school does not have a no-tobacco rule for students
- b. None
- c. A few
- d. Some
- e. Most
- f. All of them

**80. Have you seen any adults break that rule?**

- a. My school does not have a no-tobacco rule for adults
- b. Yes
- c. No

**81. When a student breaks the no tobacco rule, which of the following could happen? (Mark all that apply)**

- a. My school does not have a no-tobacco rule for students
- b. They get suspended from school
- c. They get a ticket
- d. They are referred to a special class
- e. They are referred to an adult counselor
- f. They are referred to a peer counselor (that is, a counselor of about the same age as the students)
- g. Parents are called in for a conference
- h. I don't know

**82. At your school, are students allowed to wear or use something that has a tobacco name or picture on it?**

- a. Yes
- b. No

The following statements relate to effects that smoking cigarettes might have on people who smoke.

**83. Smoking cigarettes helps keep a young person from gaining too much weight.**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**84. Smoking cigarettes is one way to lose friends who are nonsmokers.**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

*...Almost There...*

**85. Smokers have shorter lives than nonsmokers do.**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**86. Young people who smoke cigarettes appear more grown-up.**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**87. Smoking cigarettes makes young people more relaxed.**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**88. Smoking cigarettes makes young people look cool.**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**89. Smoking cigars is just as harmful as smoking cigarettes.**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

**90. Smoking cigarettes makes asthma worse.**

- a. True
- b. False
- c. I don't know / I am not sure

- 91. Teenagers are too young to get addicted to tobacco.**
- a. True
  - b. False
  - c. I don't know / I am not sure
- 92. A pregnant woman can harm her unborn baby if she smokes cigarettes.**
- a. True
  - b. False
  - c. I don't know / I am not sure
- 93. Nicotine is the only harmful substance in tobacco.**
- a. True
  - b. False
  - c. I don't know / I am not sure
- 94. Most young people do NOT smoke cigarettes.**
- a. True
  - b. False
  - c. I don't know / I am not sure
- 95. Breathing smoke from someone else's cigarette can cause lung cancer.**
- a. True
  - b. False
  - c. I don't know / I am not sure
- 96. People can get addicted to using tobacco just like they can get addicted to using other drugs such as cocaine or heroin.**
- a. Definitely yes
  - b. Probably yes
  - c. Probably not
  - d. Definitely not
- 97. During the past 12 months, did you ever feel so sad and hopeless almost everyday for two weeks or more that you stopped doing some usual activities?**
- a. Yes
  - b. No

**98. When speaking at home with your family, how often is English the language you use?**

- a. Almost always
- b. Often
- c. Sometimes
- d. Almost never

Finally, a question about how you are doing in school.

**99. What grades did you get in school last year?**

- a. Mostly A's
- b. A's and B's
- c. Mostly B's
- d. B's and C's
- e. Mostly C's
- f. C's and D's
- g. Mostly D's
- h. D's and F's

*You are done.*

*Thank you for your help!*

